



PROVIDING CARE AND SUPPORT

A guide for caregivers and loved ones
of ENHERTU patients

For the following indication(s), ENHERTU has been approved **without conditions**. This means that it has passed Health Canada's review and can be bought and sold in Canada.

- ENHERTU (trastuzumab deruxtecan) is used to treat adults who have HER2-positive breast cancer that has spread to other parts of the body (metastatic) or cannot be taken out by surgery and also received a prior treatment that targeted HER2-positive breast cancer.
- ENHERTU (trastuzumab deruxtecan) is used to treat adults who have HER2-positive breast cancer that has spread to other parts of the body (metastatic) or cannot be taken out by surgery and also received prior trastuzumab emtansine (T-DM1).
- ENHERTU (trastuzumab deruxtecan) is used to treat adults who have HER2-low breast cancer that cannot be removed by surgery or that has spread to other parts of the body (metastatic) and who have received prior chemotherapy for metastatic disease, or the disease has returned during or within 6 months of completing adjuvant chemotherapy (after surgery). If the breast cancer is also hormone receptor-positive (HR+), patients should have received hormonal therapy. A test will be performed to make sure ENHERTU is the right treatment.





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You are reading this because someone

ENHERTU is used to treat adults who have either:

- HER2-low breast cancer that cannot be removed by surgery or that has spread to other parts of the body (metastatic) **and** who have received prior chemotherapy for metastatic disease, or the disease has returned during or within 6 months of completing adjuvant chemotherapy (after surgery). If the breast cancer is also hormone receptor-positive (HR+), patients should have received hormonal therapy. A test will be performed to make sure ENHERTU is the right treatment.
- HER2-positive breast cancer that has spread to other parts of the body (metastatic) or cannot be taken out by surgery **and**
- also received a prior treatment that targeted HER2-positive breast cancer

you love has been prescribed ENHERTU.

If you are thinking about taking on the role of caregiver for your loved one, the information in this booklet may help you understand what's involved in this responsibility and how you can best support your loved one.

The term “caregiver” describes someone who provides physical and emotional support to a person with cancer. A caregiver can be a partner or spouse, a parent, an adult child, or a close friend of the patient. It involves many responsibilities and can be a rewarding way to provide support during a difficult time.

Working with the healthcare team

For someone with cancer, a caregiver becomes a key part of the healthcare team. You may become responsible for helping your loved one stay organized with things like:



Doctor's appointments



Monitoring and reporting side effects



Remembering to take medications



Keeping track of test results

As a caregiver, you may also be asked to help your loved one make important and difficult decisions about their treatment and care.

You may also be in charge of coordinating your loved one's care. This can involve a lot of organizing and scheduling. You may have to arrange home care and nursing visits or transportation to appointments.

Remember that you don't have to go at it alone. Caregiving is teamwork! Other friends and family members, as well as your doctors and nurses, make up your team.

It's important that information passes smoothly between you, your loved one, and the healthcare team. To ensure that you're on the same page, you may attend doctor's appointments with your loved one.

Some ways you can help:

- Keep a journal to write down questions or concerns for the next appointment.
- Keep a folder of your loved one's health information, including a list of medications.
- Keep a contact sheet with names and numbers of the rest of the healthcare team – doctors, nurses, and other caregivers.
- Take notes during doctor's appointments.
- Remind your loved one to keep their **My ENHERTU Tracker** updated with potential side effects experienced.



When you're needed most

Caregivers provide comfort and emotional support for patients. Knowing that you're in their corner can have a positive effect on your loved one's ability to cope. Some ways to provide support include:

- Help with day-to-day activities, when possible.
- Encourage your loved one to share their feelings with you.
- Keep them company by being there, talking, watching movies together or listening to music.
- Respect the need for time alone to think or reflect.

Keep the line of communication open. Listen when your loved one wants to talk. Symptoms can be difficult to talk about. Do your best to speak plainly and honestly with your loved one to maintain open communication.

Caregiving from a distance

Even if you don't live close, you can contribute and be involved in caregiving. All it takes is a little creativity and effort.

A few ideas include:



Help sort out financial matters or making sure bills are paid.



Stay in touch with your loved one by making video/phone calls or connecting through social media.



Use conference calls or emails to stay involved with decisions about care and treatment with the healthcare team and other caregivers.

Taking care of yourself

Caregiving can be an intense and tiring job. You may forget to take care of yourself as you juggle caregiving with your other responsibilities. It's important to take time for yourself too.

- Eat a healthy and balanced diet.
- Stay on top of your own health – exercise and keep regular doctor's appointments.
- Try to get enough rest.
- Take time to relax and do the things you enjoy.
- Talk to someone about how you're doing.
- Join a support group.

Ask for help and accept help from others when it's offered. You can't do everything – be honest with yourself about what you can do. Caregivers who take care of their own needs are better able to take care of their loved ones.



Share your feelings

It's normal to feel a variety of emotions like anger, helplessness, or sadness. Even though it can be hard, it's a good idea to talk about your feelings instead of keeping them inside.



Take a break

Self-care is important. Take the time to rest and recharge even though sometimes you may feel guilty about taking time away from caregiving.



Find ways to cope with stress

Stress-relieving activities like meditation, prayer, or yoga can make a difference. Experiment until you find what works best for you. Talk to your healthcare team if you're having trouble handling stress on your own.

Information about ENHERTU

How is ENHERTU taken?



As a caregiver, it's important to know how ENHERTU is taken. ENHERTU will be given to your loved one in a hospital or clinic under the supervision of a healthcare professional.

The first infusion will be given through an IV (intravenous infusion into the vein) for about 90 minutes. If your loved one has no issue with the first infusion, the infusion during the following visits may be given over 30 minutes.

If your loved one experiences infusion-related symptoms, your doctor or nurse may slow, interrupt, or stop their treatment.

ENHERTU is typically given every 3 weeks. The doctor will decide how many treatments are needed.

How does ENHERTU work?



ENHERTU contains the active substance trastuzumab deruxtecan, which is made up of a monoclonal antibody connected to a medicine intended to kill cancer cells.

The monoclonal antibody delivers the medicine to cancer cells that express HER2 proteins (known as HER2-positive).

Once ENHERTU enters the cell, the medicine becomes active and kills the cancer cells.

Side effects

Like all medicines, ENHERTU can cause side effects, although not everyone experiences them. You may wish to keep track of your loved one's side effects so you can discuss them with members of their healthcare team.



Tell your loved one's doctor right away if any of the following symptoms are noticed, because some of them may be signs of a serious or possibly fatal condition.



Cough, shortness of breath, fever, or other new or worsening breathing problems may be symptoms of a lung problem.



Chills, fever, mouth sores, stomach pain, or pain when urinating may be symptoms of an infection.



New onset or worsening shortness of breath, cough, fatigue, hand, ankle, or leg swelling, irregular heartbeat, sudden weight gain, dizziness, or loss of consciousness may be symptoms of a heart problem.

List of possible side effects:

Very common side effects (may affect more than 1 in 10 people)



Nausea



Feeling tired (fatigue)



Vomiting



Hair loss (alopecia)



Constipation



Feeling less hungry



Diarrhea



Blood tests showing increased levels of liver enzymes such as transaminases



Pain in muscles and bones



Decrease in the number of platelets (thrombocytopenia)



Infections of the upper respiratory tract



Stomach (abdominal) pain



Headache



Sores in or around your mouth (stomatitis)



Weight loss



Coughing



Low potassium in the blood (hypokalemia)



Fever (pyrexia)



Severe nosebleeds (epistaxis)



Indigestion (dyspepsia)



Difficulty breathing (dyspnea)



Rash



Dizziness



Numbness and tingling in hands and feet

Common side effects (may affect up to 1 in 10 people)

- Abnormal blood test (increase in blood alkaline phosphatase)
- Abnormal blood test (increase in blood bilirubin or blood creatinine)
- Bad taste in mouth (dysgeusia)
- Dry eye
- Itching (pruritus)
- Darkening of the skin (skin hyperpigmentation)
- Excessive gas in the stomach or intestine, bloating
- Blurry vision
- Feeling thirsty, dry mouth (dehydration)
- Inflammation of the stomach (gastritis)
- Reactions related to the infusion of the medicine
- Infection of the lungs (pneumonia)
- Swollen hands, ankles, feet (edema)

This is not a complete list of all possible side effects. If you experience any side effects not listed here, contact your healthcare professional.

For more information, consult “A Guide to Your Treatment with ENHERTU”, part of the ENHERTU starter kit given to you or your loved one by their healthcare professional.

Product inquiries & reporting side effects

For further product/medical information or to report an adverse event, you may contact the AstraZeneca Medical Information Department at:

- **Phone:** 1-800-668-6000 (English); 1-800-461-3787 (French)
- **Email:** medinfo.canada@astrazeneca.com
- **Online:** report adverse events at <https://contactazmedical.astrazeneca.com>



Caregiver resources

Websites you can visit for additional information and support



CANADIAN CANCER SOCIETY

cancer.ca

Information and resources on living with cancer, including a full caregiver section



CANADIAN BREAST CANCER NETWORK

cbcnc.ca

Helpful information on facing breast cancer, including support groups in many Canadian cities



RETHINK BREAST CANCER

rethinkbreastcancer.com

Caregiver and patient resources



QUEBEC BREAST CANCER FOUNDATION

rubanrose.org

Information about breast cancer, including workshops, support groups, products, and services available in Canada



CANADIAN CANCER SURVIVOR NETWORK
survivornet.ca/cancer-type/breast-cancer/

Information about living with breast cancer and resources for other Canadian breast cancer organizations



CARERS CANADA
carerscanada.ca

A national caregiver coalition



CANCERCARE
cancercare.org

Free, professional support services for caregivers and patients



CANCER HOPE NETWORK
cancerhopenetwork.org

One-on-one support for adults impacted by cancer



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